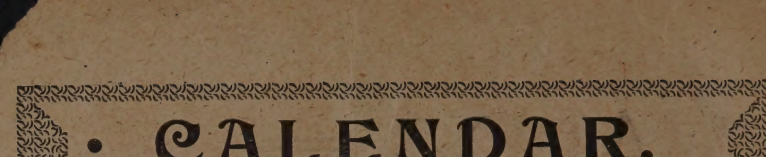
VALDA

PASTILLES

"Doctor's orders".



CALENDAR.

JULY TO DECEMBER, 1912.

JULY.

1	M	Dominion Day, Canada
2	TU	Union with Ireland, 1800
3	W	Battle of Sadowa, 1866
4	TH	Independence Day, U.S.A.
5	F	Dividends due at Bank
6	S	Oxford Trinity term ends
7	S	4th SUN. AFTER TRINITY
8	M	Joseph Chamberlain b., 1836
9	TU	Fire Insurance ceases
10	W	F. Marryat born, 1792
11	TH	Cyprus ceded, 1878
12	F	Crimea evacuated, 1856
13	S	Berlin Treaty, 1878
14	S	5th SUN. AFTER TRINITY
15	M	*St. Swithin*
16	TU	Sir J. Reynolds born, 1723
17	W	Dr. Isaac Watts born, 1674
18	TH	Dr. W. G. Grace born, 1848
19	F	Bishop Wilberforce d., 1873
20	S	Army purchase abol'd., 1871
21	S	6th SUN. AFTER TRINITY
22	M	Sir Edwin Landseer d., 1873
23	TU	Coventry Patmore born, 1823
24	W	Alex. Dumas born, 1803
25	TH	A. J. Balfour born, 1848
26	F	Irish Church disestab., 1869
27	S	Sir Thomas Lawrence d., 1830
28	S	8th SUN. AFTER TRINITY
29	M	King Humbert assass., 1900
30	TU	Thomas Gray died, 1771
31	W	Trinity Law Sittings end

AUGUST.

1	TH	*Lammas*
2	F	Thos. Gainsborough d., 1788
3	S	Viscount Peel born, 1829
4	S	9th SUN. AFTER TRINITY
5	M	Bank Holiday
6	TU	Lord Tennyson born, 1809
7	W	*Old St. James's Day*
8	TH	George Canning died, 1827
9	F	Coronation Day, 1902
10	S	(11) Half-Quarter Day
11	S	10th SUN. AFTER TRINITY
12	M	Grouse Shooting begins
13	TU	Sir C. Grove born, 1820
14	W	*Old Lammas Day*
15	TH	Reform Bill passed, 1867
16	F	Battle of Vionville, 1870
17	S	Frederick the Great d., 1786
18	S	11th SUN. AFTER TRINITY
19	M	Robert Burns born, 1810
20	TU	Sir Rowland Hill d., 1879
21	W	Leigh Hunt died, 1859
22	TH	Viscount Selby born, 1835
23	F	Battle of Plevna, 1877
24	S	Queen of Holland born, 1880
25	S	12th SUN. AFTER TRINITY
26	M	Albert Memorial unveil'd, 1872
27	TU	Sir Rowland Hill d., 1879
28	W	Leigh Hunt died, 1859
29	TH	Viscount Selby born, 1835
30	F	Battle of Plevna, 1877
31	S	Queen of Holland born, 1880

SEPTEMBER.

1	S	13th SUN. AFTER TRINITY
2	M	Sedan capitulated, 1870
3	TU	Oliver Cromwell died, 1658
4	W	French Republic proc., 1870
5	TH	Malta taken, 1800
6	F	Scottish Reformation com., 1745
7	S	Sir H. C. Bannerman b., 1836
8	S	14th SUN. AFTER TRINITY
9	M	Canon Liddon died, 1890
10	TU	Empress of Austria assass., 1898
11	W	Battle of Malplaquet, 1709
12	TH	H. H. Asquith born, 1852
13	F	Battle of Tel-el-Kebir, 1882
14	S	Last Post, New Style
15	S	15th SUN. AFTER TRINITY
16	M	Thomas Graham died, 1860
17	TU	W. S. Landor died, 1864
18	W	Dr. Johnson born, 1709
19	TH	Lord Broughton born, 1778
20	F	Capture of Delhi, 1857
21	S	*St. Matthew*
22	S	16th SUN. AFTER TRINITY
23	M	(22) Michael Faraday b., 1792
24	TU	Dean Milman died, 1868
25	W	Relief of Lucknow, 1857
26	TH	Samuel Butler died, 1680
27	F	George Cruikshank b., 1792
28	S	Fall of Strasburg, 1870
29	S	17th SUN. AFTER TRINITY
		St. Michael. Michaelmas
30	M	Earl Roberts born, 1832

OCTOBER.

1	TU	Camb. Mich. term begins
2	W	Glasgow Bank failure, 1878
3	TH	Elihu Howe died, 1867
4	F	Belgium Independent, 1830
5	S	Marquis Cornwallis d., 1805
6	S	18th SUN. AFTER TRINITY
7	M	(6) Lord Tennyson died, 1892
8	TU	George du Maurier died, 1896
9	W	Gen. Pres. Kruger born, 1825
10	TH	Oxford Mich. Term begins
11	F	Transvaal War com., 1899
12	S	Mich. Law Sittings begin
13	S	19th SUN. AFTER TRINITY
14	M	Fire Insurance ceases
15	TU	Pr. Alfred of Edin. b., 1874
16	W	Houses of Parl. burnt, 1834
17	TH	Tobias Smollet died, 1771
18	F	*St. Luke*
19	S	(20) Dargai Hts. stmd., 1897
20	S	20th SUN. AFTER TRINITY
21	M	Battle of Trafalgar, 1805
22	TU	Sarah Bernhardt born, 1845
23	W	Lord St. Aldwyn born, 1837
24	TH	Lord Ripon born, 1827
25	F	Battle of Alma, 1854
26	S	Count Moltke born, 1800
27	S	21st SUN. AFTER TRINITY
28	M	*SS. Simon and Jude*
29	TU	Hare Hunting begins
30	W	(29) Keats born, 1795
31	TH	*All Hallow's Eve*

NOVEMBER.

1	F	*All Saints*
2	S	Jenny Lind died, 1887
3	S	22nd SUN. AFTER TRINITY
4	M	Emperor of Japan b., 1852
5	TU	Battle of Inkermann, 1854
6	W	Holborn Viaduct open., 1869
7	TH	First Gazette published, 1665
8	F	John Milton died, 1674
9	S	King Edward VII. b., 1841
10	S	23rd SUN. AFTER TRINITY
11	M	*Martinmas.*
		Hilary Quarter Day
12	TU	Lord Rayleigh born, 1842
13	W	Charles Kemble died, 1865
14	TH	Rossini died, 1868
15	F	Earl of Chatham born, 1708
16	S	John Bright born, 1811
17	S	24th SUN. AFTER TRINITY
18	M	Duke of Wellington b'd., 1852
19	TU	Cripplegate Fire, 1897
20	W	Thomas Hood died, 1874
21	TH	Empress Frederick b., 1840
22	F	J. T. Delane died, 1879
23	S	(24) *Old Martinmas*
24	S	25th SUN. AFTER TRINITY
25	M	Madame Grisi died, 1869
26	TU	Kars Capitulated, 1855
27	W	Fanny Kemble born, 1809
28	TH	Mandalay occupied, 1885
29	F	Sir F. C. Burnand born, 1836
30	S	*St. Andrew*

DECEMBER.

1	S	1st SUN. IN ADVENT
2	M	(1) Queen Alexandra b., 1844
3	TU	Archbishop Tait died, 1882
4	W	Dr. L. Stevenson died, 1894
5	TH	Lord Lyons died, 1887
6	F	Anthony Trollope died, 1892
7	S	Gen. Sir R. Murray born, 1830
8	S	2nd SUN. IN ADVENT
9	M	John Milton born, 1608
10	TU	Grouse Shooting ends
11	W	Richard Doyle died, 1883
12	TH	Robert Browning died, 1889
13	F	(14) Prince Consort d., 1861
14	S	Prince Albert of York b., 1895
15	S	3rd SUN. IN ADVENT
16	M	William Terriss assass., 1897
17	TU	Oxford Mich. Term ends
18	W	(17) Sir H. B. Tree b., 1853
19	TH	Cambridge Mich. Term ends
20	F	Prince George born, 1902
21	S	Mich. Law Sittings end
22	S	4th SUN. IN ADVENT
23	M	(22) Gen. Gordon d., 1880
24	TU	Lord Morley born, 1838
25	W	*Christmas Day*, Quarter Day
26	TH	*St. Stephen.* Bank Holiday
27	F	*St. John Evangelist*
28	S	*Innocent's Day*
29	S	1st SUN. AFTER CHRISTMAS
30	M	Rudyard Kipling born, 1865
31	TU	Leon Gambetta died, 1882

JANUARY TO JUNE, 1913.

JANUARY.

1	W	King's Taxes due
2	TH	(1) *Circumcision*
3	F	Douglas Jerrold born, 1803
4	S	(5) Bank Dividends due
5	S	2nd SUN. AFTER XMAS.
6	M	*Epiphany*
7	TU	(6) *Old Christmas Day*
8	W	Camb. Lent Term begins
9	TH	Fire Insurance expires
10	F	Penny Postage instit., 1840
11	S	Hilary Law Sittings begin
12	S	1st SUN. AFTER EPIPHANY
13	M	Plough Monday
14	TU	Oxford Lent Term begins
15	W	British Museum opened, 1759
16	TH	Battle of Corunna, 1809
17	F	Battle of Abu Klea, 1885
18	S	German Empire proc., 1871
19	S	SEPTUAGESIMA SUNDAY
20	M	John Ruskin died, 1900
21	TU	Henry Hallam died, 1859
22	W	Acc. King Edward VII., 1901
23	TH	Gustave Doré died, 1883
24	F	Lord R. Churchill d., 1895
25	S	*Conversion of St. Paul*
26	S	SEXAGESIMA SUNDAY
27	M	German Emperor born, 1859
28	TU	Battle of Aliwal, 1846
29	W	Victoria Cross institd., 1856
30	TH	Charles I. beheaded, 1649
31	F	Corn Laws abolished, 1849

FEBRUARY.

1	S	Pheasant and Partridge
		Shooting ends
2	S	QUINQUAGESIMA SUNDAY
3	M	Lord Salisbury born, 1830
4	TU	*Shrove Tuesday*
5	W	*Ash Wednesday*
6	TH	Sir Henry Irving born, 1838
7	F	Charles Dickens born, 1812
8	S	Half-Quarter Day
9	S	1st SUNDAY IN LENT
10	M	Queen Victoria married, 1840
11	TU	Th mas A. Edison born, 1847
12	W	Beau Nash died, 1761
13	TH	Lord Randolph Churchill
		born, 1849
14	F	*St. Valentine*
15	S	Kimberley relieved, 1900
16	S	2nd SUNDAY IN LENT
17	M	Battle of Meeanee, 1843
18	TU	Trinidad captured, 1797
19	W	Madame Patti born, 1843
20	TH	Duchess of Fife born, 1867
21	F	Battle of Guzerat, 1849
22	S	George Washington b., 1732
23	S	3rd SUNDAY IN LENT
24	M	*St. Matthias*
25	TU	Sir Christopher Wren died,
		1723
26	W	(25) Thomas Moore died, 1852
27	TH	Battle of Majuba, 1881
28	F	Hare Hunting ends

MARCH.

1	S	*St. David*
2	S	4th SUNDAY IN LENT
3	M	Treaty of San Stefano, 1878
4	TU	R. N. Lifeboat Inst. f., 1824
5	W	Dr. Arnold died, 1806
6	TH	Battle of Mukden, 1905
7	F	Adm. Collingwood died, 1810
8	S	Battle of Aboukir, 1801
9	S	5th SUNDAY IN LENT
10	M	Edward VII. married, 1863
11	TU	1st London Daily Paper, 1709
12	W	John L. Toole born, 1830
13	TH	D. of Connaught mar., 1879
14	F	King Humbert born, 1844
15	S	Oxford Lent Term ends
16	S	PALM SUNDAY
17	M	Battle of Assaye, 1803
18	TU	Princess Louise born, 1848
19	W	Hilary Law Sittings end
20	TH	Cambridge Lent Term ends
21	F	*Good Friday*
22	S	Gosthe died, 1832
23	S	EASTER SUNDAY
24	M	Bank Holiday
25	TU	*Annunciation. Lady Day*
26	W	Oxford Easter Term begins
27	TH	John Bright died, 1889
28	F	Duke of Albany died, 1884
29	S	Roy. John Keble died, 1866
30	S	LOW SUNDAY
31	M	Charlotte Brontë died, 1855

APRIL.

1	TU	Easter Law Sittings begin
2	W	Battle of Copenhagen, 1801
3	TH	Lord Loreburn born, 1846
4	F	Sir George Goldsmith d., 1774
5	S	Bank Dividends due
6	S	2nd SUN. AFTER EASTER
7	M	*Old Lady Day*
8	TU	Edward Lloyd died
9	W	Fire Insurance ceases
10	TH	"General" Booth born, 1829
11	F	Camb. Easter Term begins
12	S	Sir George Goldsmith d., 1774
13	S	3rd SUN. AFTER EASTER
14	M	Rangoon taken, 1852
15	TU	*Titanic* lost with over
		1500 lives, 1912
16	W	Battle of Culloden, 1746
17	TH	Benjamin Franklin d., 1790
18	F	Relief of Chitral, 1895
19	S	Lord Beaconsfield died, 1881
20	S	4th SUN. AFTER EASTER
21	M	Lady Burdett-Coutts b., 1815
22	TU	Royal Society founded, 1662
23	W	*St. George*
24	TH	Anthony Trollope born, 1818
25	F	*St. Mark. Pr. Mary b., 1897*
26	S	Gabriel Rossetti died, 1854
27	S	ROGATION SUNDAY
28	M	Mutiny of the *Bounty*, 1789
29	TU	Shirley Brooks born, 1816
30	W	Lord Avebury born, 1834

MAY.

1	TH	*Ascension Day*
2	F	John Galt born, 1779
3	S	Spectre discovered, 1494
4	S	SUN. AFTER ASCENSION
5	M	Royal Academy opens
6	TU	King's Accession, 1910
7	W	Thomas Rosary born, 1847
8	TH	(9) Half-Quarter Day
9	F	Easter Law Sittings end
10	S	Oxford Trinity Term begins
11	S	WHIT SUNDAY. *Pentecost*
12	M	Bank Holiday
13	TU	Sir Arthur Sullivan b., 1842
14	W	*Old May Day*
15	TH	Thomas Burton, 1633
16	F	Battle of Albuera, 1811
17	S	King of Spain born, 1886
18	S	TRINITY SUNDAY
19	M	Cambridge Mich. Term ends
20	TU	Trinity Law Sittings begin
21	W	Manchester Ship Canal op.,
22	TH	(21) *Pentecost* 1894
23	F	Thomas Hood born, 1799
24	S	Queen Victoria born, 1819
25	S	1st SUN. AFTER TRINITY
26	M	Queen Mary born, 1867
27	TU	John Calvin died, 1564
28	W	William Pitt born, 1759
29	TH	Charles II. born, 1630
30	F	Alfred Austin born, 1835
31	S	Peace of Pretoria, 1902

JUNE.

1	S	2nd SUN. AFTER TRINITY
2	M	(1) Lord Howe's victory, 1794
3	TU	King George V. born, 1865
4	W	Battle of Magenta, 1859
5	TH	Adam Smith born, 1723
6	F	Battle of Bemba'dir, 1432
7	S	First Reform Bill passed, 1832
8	S	3rd SUN. AFTER TRINITY
9	M	(8) Douglas Jerrold died, 1857
10	TU	Crystal Palace opened, 1854
11	W	*St. Barnabas*
12	TH	Charles Kingsley born, 1819
13	F	Madame D'Arblay b., 1752
14	S	Battle of Marc 90, 1800
15	S	4th SUN. AFTER TRINITY
16	M	King of Sweden born, 1858
17	TU	Battle of Bunker's Hill, 1775
18	W	Battle of Waterloo, 1815
19	TH	Rev. C. H. Spurgeon b., 1834
20	F	Acc. of Queen Victoria, 1837
21	S	Battle of Vittoria, 1813
22	S	5th SUN. AFTER TRINITY
23	M	Prince of Wales born, 1894
24	TU	Camb. Easter Term ends
		St John Bapt. Mids. Day
25	W	George IV. died, 1830
26	TH	Navigation Acts repld., 1849
27	F	Harriett Martineau d., 1876
28	S	Coronation Q. Victoria, 1838
29	S	6th SUN. AFTER TRINITY
30	M	Tower Bridge opened, 1894

VALDA

presents this little book with compliments, feeling certain that the information contained therein will prove useful and interesting. It is intended to throw a new light upon the treatment of chest and lung complaints, to explain how they originate, how they spread, and, above all, how they can be effectually treated.

VALDA PASTILLES

are an entirely new departure in the way of treatment of all ailments of the respiratory organs; they are the result of long and patient researches; they are an up-to-date, scientific remedy, based upon the theories of the great doctors and scientists, Lister and Pasteur.

The careful perusal of the following chapters will tell you all about the properties of **VALDA PASTILLES**, and will explain to you the reason why they are so efficacious and unrivalled in all bronchial affections.

We wish to emphasise, from the beginning, that our claims are supported by thousands of people of all classes of society. Medical men, clergymen, professors, teachers, are amongst our honest supporters. Not a day passes without receiving tokens of heartfelt thanks and expressions of deep gratitude from all parts of the world.

The general opinion may be summed up in the very words expressed by so many of the thankful patrons of **VALDA PASTILLES.**

"THEY DO ALL THEY CLAIM TO DO."

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BY IMPERIAL UKASE

The sale of VALDA PASTILLES has been authorised in Russia, after due approbation of the Imperial Medical Council.

The approbation of the Medical Council is only given after proper analysis and careful experimenting. It is for the accepted product a SCIENTIFIC GUARANTÉE, and it is only given to medicaments endowed with a real medical and therapeutic value.

VALDA PASTILLES

THE ROYAL BOARD OF HEALTH OF THE KINGDOM OF ITALY

have ordered the inscription of VALDA PASTILLES in the last edition of the Royal Pharmacopœia of Italy.

VALDA PASTILLES are the ONLY medicament foreign to Italy upon which such an honour has ever been conferred.

THE ABOVE ARE SOUND PROOFS OF THE RELIABILITY OF VALDA.

THE HOME OF THE "VALDA."

In our up-to-date laboratories at Willesden, we only make VALDA PASTILLES. All our cares, all our efforts are concentrated upon the making of this ONE scientific preparation. Therefore, we can guarantee the perfect and scientific accuracy of the compounding. This scientific accuracy is a safe guarantee of the reliability of our

VALDA PASTILLES

The following is the unbiassed and independent opinion of the *Chemist and Druggist*, the leading journal of Pharmacy and the Drug Trade, and the Official Organ of Nineteen Chemists' Societies in the British Empire :—

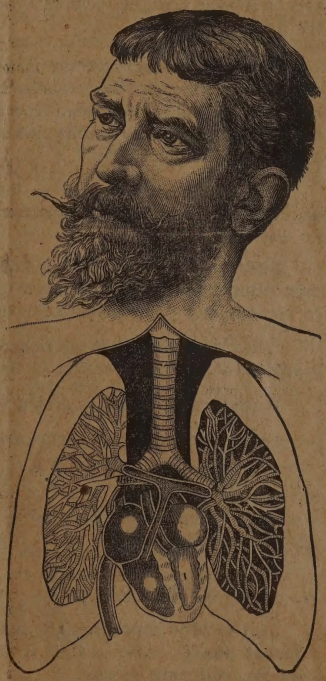
"A representative of the *Chemist and Druggist* has recently had the opportunity of inspecting the factory of VALDA PASTILLES at 13, Hythe Road, Willesden, N.W., and was pleased to find how well the factory is equipped. It is notable that the choicest materials are used, that scrupulous care and cleanliness are apparent, and that the machinery employed in the preparation of the pastilles is perfectly automatic, so that the pastilles are not touched by hand in the process of manufacture."

A view of the laboratories and works is given on pages 16 and 17.

THE RESPIRATORY ORGANS

To protect the respiratory organs and to cure them when they are affected is the claim of **Valda Pastilles**, and this they accomplish by purifying the air inhaled and by destroying the microbes, the primary cause of all chest and lung diseases.

In order to fully realise the value of **Valda Pastilles**, to understand clearly how they act, and be convinced that their efficacy is the result of facts based on scientific theories clearly defined, it is necessary to take a glance at the structure of the respiratory organs.



It will be plainly seen then that diseases of these organs cannot be treated by direct contact, for only something in the form of air or vapour can reach them.

The respiratory organs extend from the nostrils to the remotest ramifications of the lungs. They include, as the air passes through them, the nasal cavities, the pharynx, the larynx, the trachea, the bronchial tubes with their many branches, and, lastly, the lungs.

The nostrils are the highway to the respiratory organs, and the air as it passes through them is warmed and saturated with vapour before reaching the bronchial tract. The vapour is supplied from the secretions of the lachrymal glands, with which the nasal cavities are in direct communication.

The mucous membrane of the nostrils also acts as a sieve where the air is first rid of any impurities it may contain. The air then passes into the pharynx, which serves, if one may be allowed to call it so, as an entrance-hall to the larynx. At this entrance to the larynx nature has formed two glands called amygdales, or tonsils; they are about the size of an almond, and are placed like sentinels at each side of the entrance. Their duty is to arrest the passage of any dust which may have escaped from the nasal cavities or found its way into the mouth.

The larynx is funnel-shaped and forms into folds. These folds give shelter to the vocal chords, and it is the passage of the air through the ventricles and across these folds which gives rise to the voice.

The air then penetrates into a cylinder-shaped passage called the trachea ; the lower part of the trachea then separates into two distinct trunks and forms the bronchial tubes.

The bronchial tubes extend a great distance into the lungs, and then branch off into a kind of network which allows the air to circulate through the whole length and breadth of the pulmonary tissues. Once it is in the lungs the air is received into a number of little cells called lobulæ, alveoli, and vesicles.

It is in the heart of these cells that the exchange of gas which purifies the blood and which gives rise to the phenomenon known as " hæmatosis," takes place.

The blood rejects through the lungs the carbonic acid gas which it has accumulated when circulating through the body, and receives in exchange a fresh supply of oxygen from the air inhaled.

Then the lungs, a veritable pumping machine, contract and expel the noxious air. They dilate only to contract in the same manner, and repeat the process *ad infinitum*, thus assuring without cessation the work of inhalation and exhalation, and forming a veritable bellows to keep alive the flame of life from the cradle to the grave.

The brief summary of the functions of each of these organs and their close connection with each other is sufficient to explain to the reader why the diseases of the chest and lungs are generally very complicated. The germ, once it has entered the organism, has every facility in finding its way from one organ to another, with sometimes direful results.

As fish has been created to live in water, and cannot live outside of it, so man has been created to live surrounded by the air, the indispensable element of his existence.

The purity of the air is, therefore, a primordial point upon which we cannot insist too much, because as pure air is the principal factor of good health, so noxious and polluted air is its most terrible enemy.

" Man's own breath is injurious to himself," said a celebrated doctor. Nothing is more true. What does the air do for us ?

It purifies the blood in giving to it the oxygen which is indispensable to life.

From where do we get this oxygen ?

We get this oxygen from the air, through breathing or inhaling. The outer air, containing oxygen, is carried to the lungs, where it comes into contact with the blood. The blood then absorbs the oxygen and gets rid of the carbonic acid, which is expelled by the act of breathing or exhaling.

What happens when people are shut up in a badly ventilated place where the air cannot circulate freely ?

This is what happens. The same air is inhaled over and over again by many different people. After a time it is deprived of all its oxygen, and there remain only the poisonous gases.

Consequently the air is unable to do its work, namely, to purify the blood, and instead of acting as a tonic to the body, it weakens it.

The best proof of this is the comparison between town people and country people. The former are often weak, anæmic, and unable to resist disease through

the want of proper air; the latter are strong and sturdy, thanks to the pure air they breathe, which gives them life and health.

It goes without saying that the larger the number of people living in a certain area, the larger is the quantity of microbes and dust by which the air is infected.

Who has not noticed, when the sun finds its way through a half-open shutter or crevice, the quantity of small dusty specks continually on the move?

Though they cannot be seen outside the ray of sun which projects its light upon them, they exist everywhere all the same; the air is charged with them, and we are inhaling them all the time.

If all these particles of dust do not contain microbes they are nevertheless harmful to the chest and lungs. They clog up the cells, preventing them from acting properly, and pave the way for the coming of the microbes.

Now what is a microbe? This word, derived from the Greek μιχρος, small, and βιος, life) has been given to microscopic beings of vegetal origin, which arise from the morbid fermentation of animal or vegetable matter.

The pus or discharge from a wound, etc., is the result of a microbic fermentation. The cavities formed on the lungs of consumptive people are the work of the microbe. Take, for instance, a spittle ejected on the pavement by a consumptive person. After a certain time the liquid part evaporates, leaving behind the solid elements of this expectoration, the particles of membranes and the microbes as well. The least wind is sufficient to blow these particles in all directions. They are then taken up with the air and may eventually find a home on the mucous membranes of the lungs or bronchial tubes of any individual, where they take firm root.

Hence the facility with which disease is spread.

If this invasion should take place with a person in ill health, the microbe has every facility to commence work. It reproduces and spreads, paving the way for consumption, pneumonia, or other diseases of the lungs.

In consequence of the impossibility to avoid inhaling the microbes, etc., contained in the air, there is only one way open to us—that is to disinfect the air as it is breathed in, to sterilise all the particles of dust, and to destroy the microbes; in one word, to render the air antiseptic before it has access to our lungs.

But how can this be done? How are we to purify this air so as to inhale it without danger? The answer is, we can do so by a rational and efficacious process, namely, the antiseptic and volatile treatment for the respiratory organs as can be effected by taking **Valda Pastilles.**

REMEMBER!

VALDA PASTILLES

DO WHAT THEY CLAIM TO DO

FRAGSON,

The Eminent and Popular Artist, is ever loyal to

VALDA PASTILLES

Read what he says!

I owe a large part of my success to the constant use of Valda Pastilles

Fragson

VALDA PASTILLES

The principles to which **Valda Pastilles** owe their extraordinary power are based on the theories of the eminent scientists and doctors, Pasteur and Lister.

When the new method of antiseptic treatment first became known, it promised to astonish the world, and many learned men devoted their whole time and energies to discover the many uses to which it could be applied. Their researches were crowned with success, and the march of progress has advantageously taken this branch of science in its stride.

But, nevertheless, there was one obstacle not easy to overcome in regard to this new method, namely, how to practise antiseptic treatment on the respiratory organs.

Up to this period the chest and lungs were treated by taking medicines and drugs, which found their way directly into the stomach, and the outcome of this was to obtain only a slight relief, brought about through the effects of the narcotics and stupefying drugs, which drove back their calming properties on to the chest and lungs, and soothed those organs for a while, but never effected any cure.

A volatile and antiseptic AIR treatment was then found to be the SOLE method of dealing directly with diseases of the chest and lungs.

The chest, the stronghold of the body, where the human organism derives its vital forces, is by a strange freak of nature peculiarly open to the inroads of the enemy. It tolerates the presence of but one element, the air; and it is this element, the air, that carries the germs and microbes into the chest and lungs. With the knowledge of this fact we come to this important reasoning — if the air has been the means of

GATHERING PLANTS FOR THE PREPARATION OF VALDA PASTILLES.

conveying disease to the respiratory organs, so must it be made the means of conveying the remedy.

The necessity then of treating diseases of the chest and lungs by air which had been rendered antiseptic and volatile, led in the first instance to the use of fumigations and inhalations.

Antiseptic treatments of all kinds were adapted for fumigations and inhalations. Some proved, however, too active, and only served to irritate the delicate organs of respiration. Others lost their power through evaporation, etc.

Again one must keep in a closed room in order to fumigate and inhale, and as this is not always possible, the benefit obtained is soon lost by the sudden change of temperature when coming out into the ordinary air.

Inhalation presented the same difficulties. Fumigations and inhalations cannot be continuously applied, and the consequence is that the good effects which the antiseptic air has procured are soon destroyed by the action of the outer air, and the disease, if not becoming more grave, remains at the same stage as before.

Several ingenious individuals applied their skill to the production of certain appliances. The respirator was invented. Into this was placed an antiseptic which caused the air inhaled to be intercepted and warmed before entering the mouth, but besides the inconvenience of having the mouth imprisoned by an ugly instrument, the nasal organs, the real passages through which the air penetrates, were left to the mercy of the winds, germs, etc.

Then a kind of appliance, outwardly resembling a cigar or cigarette, was invented. Into this a pretension was made to insert an antiseptic inhaler, but owing to the small capacity of the apparatus it allowed but an infinitely small quantity of air to pass through its channel, and offered no protection to the nasal cavities.

Needless to add, these different articles, which turned out to be so inconvenient and worthless, were soon discarded by those who had any interest in them.

Prudent researches and keen investigations proved that if the respiratory organs were to be treated in a rational and efficacious manner, there still remained many points to be cleared.

In the first place it was necessary to employ a non-caustic and non-toxic product; but at the same time, however, this product should be endowed with specific antiseptic properties most suitable to these fragile organs, and cause no irritation whatever; secondly, this antiseptic preparation should possess the power of blending itself with the air and saturating it with its fragrant elements in such a way that it forms part of the air itself, and therefore penetrates along with this air to the innermost recesses of the pulmonary tissues, and there takes full action.

Lastly, it was imperative that the air inhaled, either through the nose or mouth, should be subject to this beneficent action, and it is here that the many appliances which acted upon the mouth only were found to be inadequate.

It was absolutely indispensable that the air should become thoroughly volatilised and purified at the opening of the larynx, for it is through this channel that the air, whether inhaled through the nose or mouth, must first pass.

The importance of rendering the air inhaled antiseptic and volatile before penetrating deeper into the breathing organs is then clearly to be seen.

If it had only been the question of dealing with other organs of the body less fragile than the bronchial tubes and lungs, chemistry would have played the greater part; but in the treatment of the respiratory organs, every precaution was necessary for such a delicate task. All chemical products had to be set aside; only natural and vegetable products—in one word, plants—could be used for this purpose. Further, these plants had to be carefully selected so that no trace of any toxic elements, such as opium, morphia, etc., could be found in them.

This was not an easy task; but with a deep knowledge of science, a persistent regard for perfection, together with a remarkable tenacity, there was brought to

light a combination of elements both antiseptic and volatile, which were given the name of **Valda Pastilles.**

VALDA PASTILLES are VOLATILE

because their active principles, when released by the warmth of the mouth, BLEND INTIMATELY with the air as it is breathed in, and form part of it.

VALDA PASTILLES are ANTISEPTIC

because their active elements

ARE A POWERFUL GERM-KILLER AND A DISEASE PREVENTER

VALDA PASTILLES

are entirely extracted from Plants; they contain NO poison, NO narcotics.

Children, as well as aged persons, can take them.

Valda Pastilles are the result of the combination of elements both volatile and antiseptic, incorporated into a small volume, and presented in the form of a pastille. As the pastille dissolves in the mouth, these volatile antiseptic elements, which are endowed with powerful healing and soothing properties, are released by the warmth of the mouth; they thoroughly medicate the air, which is carried right to the seat of the trouble.

That is the reason why they cure—they reach the right place.

VALDA PASTILLES cure as you breathe

DISTILLING THE ESSENCES FOR THE PREPARATION OF VALDA PASTILLES.

IN DAMP OR FOGGY WEATHER

DON'T FORGET YOUR

VALDA PASTILLES

MR. JOHN REES.

New Quay, Cardigan,
South Wales.

MESSRS. VALDA PASTILLES,—*During the past twelve months I have repeatedly suffered from a sore throat due to cigarette smoking.*

When my throat got very bad I had to give up "my lady Nicotine" until better, only to be subject again to the same trouble.

I am glad to say, having found entire relief in **Valda Pastilles;** *it is my duty to write that others may obtain the same beneficial result.*

Yours truly,
(*Signed*) JOHN REES.

Gudermess Station, Vladicaucase Railway,
Russia.

MESSRS VALDA PASTILLES,—*I wish to express my deepest thanks to* **Valda Pastilles.** *I suffered for a long time with chronic bronchitis, and the many treatments I tried failed to give me any respite.*

With **Valda Pastilles** *I found at once an immediate relief, which was soon followed by a complete cure.*

Thanks to **Valda Pastilles** *I now enjoy perfect health, for which I am heartily thankful.*

(*Signed*) ABDUL JUSSUPOFF.

MR. ABDUL JUSSUPOFF

Medical Institute "Palasciano,"
Villa Pisano, Capodimonte, **Naples.**

MESSRS VALDA PASTILLES,—*I have much pleasure in informing you that after extensive experiments in my different cases of public practice, and also in my sanatorium at Naples, I found* **Valda Pastilles** *to be thoroughly efficacious in all bronchial affections.*

DR. PETER FABIANI
(*Medical Surgeon*).

MR. H. C. WOODWARD.

Whitton, **Middlesex.**

MESSRS. VALDA PASTILLES,—*A box of your pastilles was given me by a friend some time ago, and I feel I must write to you of their curative qualities.*

They cured my cough, from which I suffered a long time. I also find them excellent when a fresh cold comes along.

Valda Pastilles *check it immediately.*

(*Signed*) H. C. WOODWARD.

IF YOU FEEL A COLD COMING ON GET A BOX OF

VALDA PASTILLES

COLD IN THE HEAD

The word cold has a very wide signification, and can be applied in different terms, each under their respective heads. We have, therefore, cold in the chest, cold in the lungs, cold in the kidneys, etc., etc.

The term COLD IN THE HEAD was given that name because it was thought formerly that the running at the nose proceeded from the brain, but this was found afterwards to be an error.

A cold in the head is due to an inflammation of the mucous membranes of the nasal cavities.

We have said in a previous chapter that the nasal cavity may be likened to a lobby where the air is purified before penetrating into the bronchial tubes and lungs. Now a cold in the head generally produces swelling of the nasal membranes and obstructs the passages.

Cold in the head is familiar to every one of us. Dust, irritating vapours, strong light, sudden change in the atmosphere may provoke a cold; you may have been standing in a draught, your feet are cold, a shiver runs through your body, you commence sneezing, and you find that you have caught a cold. It starts with an irritating and painful sensation in the nostrils, followed by frequent sneezing, culminating in running at the nose.

Your head feels heavy, the sense of smell disappears, you lose the sense of taste, and in many cases you are left in a feverish state, followed by an acute pain in the back or lumbago.

In some cases the inflammation from the nose reaches the lachrymal glands; the eyes are swollen and running, the aural chambers become congested, causing partial deafness, which may remain long after a cold in the head has disappeared.

Often the mucus escapes from the nose by way of the throat, especially while we are asleep, and carries the inflammation to the already congested membranes. That is why we have so many diseases consequent on a cold in the head, such as cough, bronchitis, tonsilitis, laryngitis, etc.

A cold should on no account be neglected; a cure should be commenced immediately by an antiseptic treatment in order to check the infectious properties of the microbes which are the primary cause of the disorder.

HOW TO PREVENT, HOW TO CURE, COLD IN THE HEAD

The use of VALDA PASTILLES at the first symptoms of a cold in the head will, in nine cases out of ten, check its progress; and even when the cold has got a full grip their antiseptic properties will soon put an end to its further development.

The patient should allow the pastille to dissolve slowly in the mouth, taking great care to draw in the breath, so that the medicated air penetrates to the furthermost parts of the bronchial tract, thereby stopping the cold in the head from getting on the chest.

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If you have any difficulty in getting our **VALDA**—

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(See last page in the book.)

SMOKERS!

Excessive smoking often brings on throat complaints. The abuse of tobacco dries up the mucous membranes, causes inflammation, and is responsible for what is known as **SMOKER'S THROAT.** To avoid all this, to keep the mouth cool, to perfume the breath, take **VALDA PASTILLES** regularly.

MR. BERT CARLTON.

Grand Theatre, **Newcastle-on-Tyne.**

MESSRS. VALDA PASTILLES,—*I have suffered with one cough for fourteen years, and could not get any real relief. One day I was told of your* **Valda Pastilles.** *So I tried them, and got instant relief.*

I am never without them now, nor never shall be, also my cough is really better.

I consider them invaluable, and will recommend them well to my sister and brother professionals, for I cannot speak too highly of them.

(*Signed*) BERT CARLTON,
("*Angel of His Dream*" *Co.*).

Garden of Saxony Theatre,
Warsaw, **Russia.**

MESSRS. VALDA PASTILLES,—*I feel it my duty to strongly recommend* **Valda Pastilles.** *They have cured my sore throat and a cough of long standing.*

(*Signed*) ST. LUBIEZ SARNOWSKA.

MISS ST. LUBIEZ-SARNOWSKA.

Vandellos, Tarragona, **Spain.**

MESSRS. VALDA PASTILLES,—*I beg leave to inform you that* **Valda Pastilles** *have given me the best results in the treatment of bronchitis and other ailments of the respiratory organs. A success I have never obtained with other preparations.*

(*Signed*) DR. J. BALLVE AGUILO
(*Surgeon.*)

MR. D. CASEY.

1, *Oak Village,*
Gospel Oak, **London.**

MESSRS. VALDA PASTILLES,—*I had a very bad cold and coughed incessantly. I felt very weak, for the coughing prevented me from sleeping at night. My chest was full of phlegm; I could not eat anything.*

A neighbour who already knew the value of **Valda Pastilles** *offered me half a boxful.*

It did me so much good that I decided on buying some for myself. I am glad to say that they quite cured me. I only wish those suffering from cold or bronchitis would use **Valda Pastilles,** *for they are, without doubt, the best remedy I know for these complaints.*

Yours respectfully,
(*Signed*) D. CASEY.

KEEP THE FOG OUT!

Let a VALDA PASTILLE dissolve in your mouth

PHARYNGITIS, TONSILITIS
(ACUTE QUINSY)

Pharyngitis is denoted by an inflammation of the mucous membrane of the pharynx.

Like all the other organs of respiration, the pharynx is extremely delicate, and its close connection with the whole of the breathing apparatus gives the inflammation every facility to spread to the other organs.

Pharyngitis is generally brought on by exposure to cold, irritating fumes, excessive smoking, or it may arise from intemperance, a disordered stomach, gastritis, etc.

It is characterised by a burning feeling in the throat, difficulty in swallowing anything, even in a liquid form, a feverish condition, a feeling of heaviness, and a pain in the back.

By pressing the tongue down with the handle of a spoon, the pharynx will be seen to be much inflamed and covered with tiny spots. A few days later a thick deposit of mucus is formed, and expectoration becomes very difficult.

The voice is hoarse, guttural, and there may be perhaps a slight deafness. Pharyngitis often extends to the tonsils, or it may even arise from the inflamed condition of the tonsils themselves.

TONSILITIS

presents in every way the same symptoms as pharyngitis—headache, feverish condition, backache, etc. By examining the tonsils they will be seen to be swollen and red.

In severe cases the inflammation and the swelling increase to such a degree that the passage of air into the lungs becomes obstructed, and surgical aid becomes necessary.

Pharyngitis and tonsilitis are highly contagious. It is therefore a wise precaution not to "catch the breath" of those suffering from these complaints.

IF AFFECTED BY TONSILITIS OR PHARYNGITIS YOUR WISEST PLAN IS TO TAKE VALDA PASTILLES

They act as a safeguard for people with delicate respiratory organs.

Their antiseptic properties strengthen the membranes and stop infection.

The swelling, the irritation, the white, thick coating formed on the tonsils will speedily disappear, abscesses will be avoided, and even after a surgical operation nothing will heal up the wound so quickly as VALDA PASTILLES.

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(*See last page in the book.*)

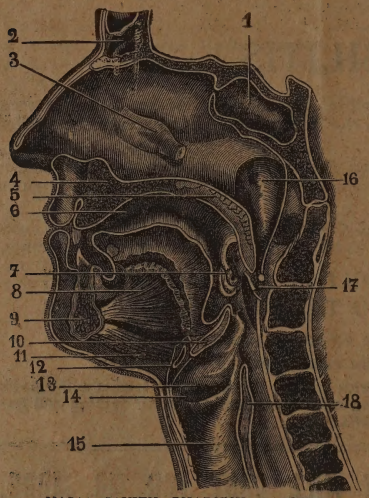
LARYNGITIS

Laryngitis is the name given to an inflammation of the mucous membranes of the larynx.

It has been pointed out in a previous chapter that the larynx is the highway to the respiratory organs. Its delicate structure and the many complicated functions it undertakes in the process of respiration are sufficient in themselves to warrant our extreme care and our most minute attention.

Colds, raw air, irritating fumes, excessive smoking, a prolonged strain on the voice (teachers, singers, preachers, etc.), may lead to an attack of laryngitis.

It is rare that laryngitis in the acute form is accompanied by any feverish symptoms. The sufferer feels a kind of pricking sensation, and a burning in the lower part of the throat. This is aggravated when coughing, speaking, or even in swallowing. There is a very hard and dry cough without expectoration at first. After a few days the mucus begins to be detached, and expectoration follows. The voice becomes weak, husky, or is sometimes completely lost, and the swelling of the mucous membranes and the amount of secretion collected stop the passage of air, and a difficulty in breathing ensues.



NASAL CAVITY—PHARYNX—LARYNX.

1. Sphenoidal sinus.
2. Frontal sinus.
3. Partitions of the nasal cavity.
4. Superior maxillar.
5. Cover of the palate.
6. Roof of the palate.
7. Tonsils.
8. Tongue.
9. Inferior maxillar.
10. Epiglottis.
11. Mylo-hyoidean muscle.
12. Hyoid bone.
13. Superior vocal chords.
14. Ventricle of the larynx.
15. Cavity of the larynx.
16. Eustachian tubes.
17. Uvula.
18. Cricoid cartilage.

Acute laryngitis may not be very grave, but it has always a tendency to turn into the chronic stage, and permanent throat troubles may be the result.

A rigorous and antiseptic treatment of all parts of the larynx, with its vocal chords and its cavities, is of the greatest importance to those who suffer from laryngitis in any form, as it is also to those who are obliged to come in contact with them.

This antiseptic volatile treatment can be obtained by the use of the volatile antiseptic properties which are to be found in VALDA PASTILLES.

The usual methods of painting the throat or using an atomiser on the larynx are insufficient, because this treatment can only reach as far as the pharynx. Then there are inhalations, but the vapour inhaled carries only a small part of the remedy to the vital spot. Now all these treatments have to be carried out in a closed room; but antiseptic treatment of the larynx ought to be effected at all times and in all places. It is particularly necessary when in dusty or badly ventilated places, or when there is going to be any special strain upon the voice.

Lastly, it is indispensable for it to penetrate into the larynx, into the recesses of the vocal chords, or, in one word, where it is most needed.

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(*See last page in the book.*)

HOW TO PROTECT THE LARYNX AND THE VOCAL CHORDS.

HOW TO CURE LARYNGITIS.

There is no system of cure that can be compared with **Valda Pastilles.** Their very presence permits us to have always in a practical and handy form the antiseptic, volatile elements which will penetrate through the respiratory organs, purify the mucous membranes and strengthen them when needed, thus furnishing the threatened organs with the means necessary for their preservation.

Thanks to their antiseptic volatility there is not a more rational or more efficacious cure for laryngitis than **Valda Pastilles.** Under their influence the cough is soon relieved, the mucous membranes return to their normal condition, expectoration is quickly dispelled, the vocal chords vibrate freely, and the voice recovers its usual tone. Laryngitis is an affection which is apt to recur over and over again; therefore persons who are subject to it should have constant recourse to **Valda Pastilles,** and directly they feel the least pricking sensation in the throat, a **Valda Pastille** should be at once dissolved in the mouth to stop the evil going any further.

In this way the possibility of an attack of chronic laryngitis—which is always to be feared after acute laryngitis — will be avoided. Those who are already affected by chronic laryngitis should take refuge in **Valda Pastilles,** which will prevent the affection from spreading towards the trachea and the lungs.

Smokers are always more or less threatened by laryngitis. They will, however, find in **Valda Pastilles** an energetic preventive and an assured remedy, which will also purify and clean the mouth and prevent irritation of the tongue.

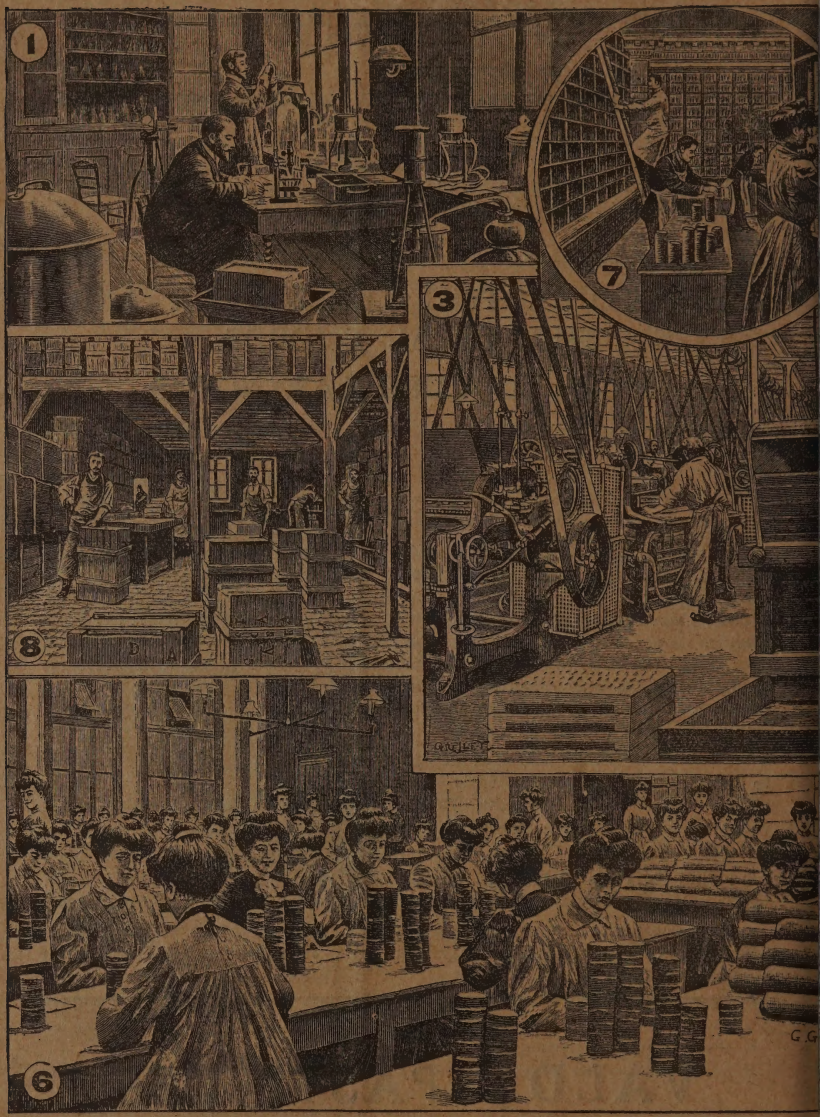
As to those whose profession causes a great strain on the voice, for instance, SPEAKERS, TEACHERS, PREACHERS, etc., **Valda Pastilles** are for them an absolute necessity.

A Box of

VALDA PASTILLES

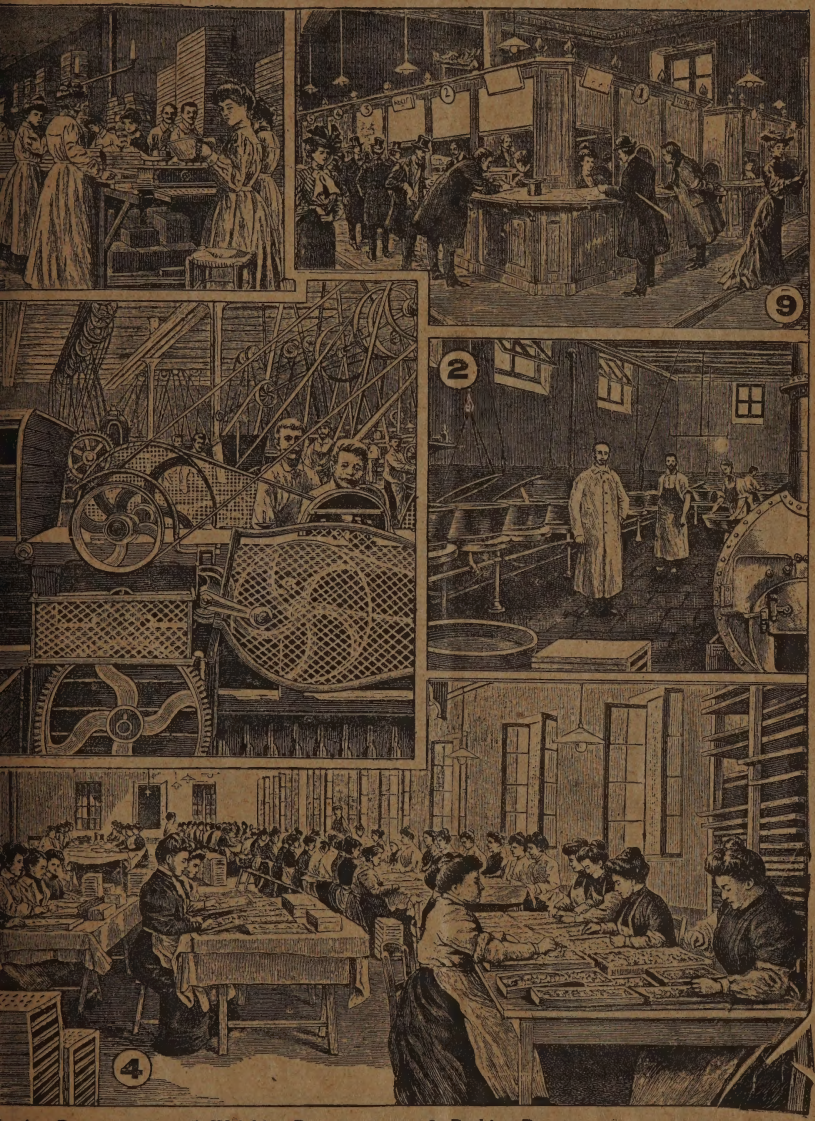
Will Stop your Cough

THE HOME OF



1. Analytical Laboratory. 2. General Laboratories. 3. Machine Room.
7. Stock Rooms. 8. Warehous

ALDA PASTILLES.



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All the World over **VALDA PASTILLES** are known and appreciated

Read the Testimonials from all parts of the World

POPE W. GEDEONOFF.

Krapiwna (province Tula),
Russia.

MESSRS. VALDA PASTILLES, — *I have been troubled with a cough for many years, which affected me particularly on arising.*

I tried many means, but could not be rid of it.

Thanks to **Valda Pastilles** *I am now quite free from my distressing ailment, and many times I have avoided chest troubles, etc., by simply taking three or four of your pastilles.*

I always recommend your pastilles to anyone who is suffering from coughs, colds, hoarseness, and I add that in all cases they have had a most salutary effect.

I tender you my sincere thanks for the results I have obtained from the use of a remarkable remedy.

(*Signed*) POPE W. GEDEONOFF.

40, *North Parade,*
Aberystwyth.

MESSRS. VALDA PASTILLES,—*It is with much pleasure that I recommend* **Valda Pastilles**. *Two boxes of this marvellous product were sufficient to cure me of a chronic laryngitis. I suffered from this ailment for a long time, and all the treatments failed to do me any good.*

Needless to say in return I shall do all in my power to recommend them to my friends.

Yours truly,
(*Signed*) MISS S. JAMES.

MRS. C. A. KIERNANDER.

26, *Heston Road,*
Isleworth, **Middlesex.**

MESSRS. VALDA PASTILLES, —*I take great pleasure in informing you that I have derived untold relief by taking* **Valda Pastilles.**

I have suffered for some time from a very bad cold, which settled on my left lung.

I tried several cough remedies without relief; **Valda Pastilles** *cured me, and I feel it my duty to tell you so.*

I shall always recommend them.

Yours truly,
(*Signed*) C. A. KIERNANDER.

MRS. W. ORDON SOSNOWSKA.

Dramatic Theatre, Warsaw,
Russia.

MESSRS. VALDA PASTILLES,—**Valda Pastilles** *are the only infallible remedy to cure hoarseness and cough. Fully convinced of their efficacy I tender you my thanks.*

(*Signed*) W. ORDON SOSNOWSKA.

Your Cold in the Head MUST GIVE WAY to VALDA PASTILLES.

COUGHS

A cough is one of the first symptoms of a cold.

It may arise from many causes: inflamed condition of the chest and lungs; disordered stomach, or from nervous or other diseases.

The whole extent of the breathing organs is lined with a delicate mucous membrane.

Let us explain what the mucous membrane is.

The mucous membrane is the general name given to the very thin lining or skin found on the stomach, intestines, the breathing organs, etc.

These membranes secrete an animal substance, semi-liquid and transparent; which is called the mucus.

When labouring under a certain influence, such as a cold, or when clogged up by dust, irritating fumes, or microbes, the superabundance of secretion in these membranes gives rise to catarrh, which is another name given to the cold on the chest.

Therefore the cough is a manifestation of a cold on the chest, or catarrh.

The cough is produced by the sudden expulsion of air contained in the lungs. It has a most salutary effect in expelling the irritating substances; but it must also be remembered that it has a weakening effect on the system, and we find amongst consumptive people that it often leads to a rupture of the blood-vessels of the lungs.

Medical men have explained that there is a method in coughing; *i.e.*, the cough should be restrained as much as possible until the secreted mucus is felt to be within reach; the successive strains may be therefore considerably lessened.

Nervous or hysterical coughs are largely under the sufferers' own control, and in these cases a firm will and a stern rebuke will often lead to good results.

COLD is a popular name given to a slight trouble of the respiratory organs, and is usually accompanied by a cough.

It is the result of a mild inflammation of the membranes of the trachea, which may have spread from the throat or the nasal cavity.

The mucus which escapes from the nasal cavity (especially while sleeping) often finds its way to the throat, and thence to the trachea and bronchial tubes, carrying with it the inflammation, which causes the cold to extend to the chest.

This explains the popular saying of a **" cold getting on the chest."**

To ease a cough there is no comparison between VALDA PASTILLES and other similar preparations.

They are absolutely harmless, and therefore children as well as adults may take them.

Made entirely from the extracts of plants, they join their sedative properties to the marvellous effects of their volatile antiseptic power.

This antiseptic power is indispensable, for the mucus, which leaves the remotest part of the bronchial tubes, circulates slowly through the whole of the respiratory tract before it is expelled, so that it is necessary to cleanse these organs after its passage through them.

WEAK LUNGS

Strengthen your Chest and Lungs by taking

VALDA PASTILLES

If you are suffering from Bronchitis, the following will interest you.

39, *King Street,*
Normanton, **Yorkshire.**

On February 17th, 1912, Mrs. Goode wrote to us :—

I shall be glad if you will kindly send me a tin of **Valda Pastilles,** *in payment of which I enclose postal order.*

I find them to be a wonderful remedy for cough and bronchitis.

Eight days later she writes :—

MRS. GOODE.

I am pleased to say that I have derived great benefit in taking **Valda Pastilles.** *Twelve months ago I was laid up with bronchitis, and the doctor told me I should have this complaint more or less every year, but I am glad to say I have not had a return of the complaint yet. I had a troublesome cough, but after taking a few pastilles it was very much better. They seem to act like magic.*

In March the good results derived from VALDA PASTILLES are confirmed by the following letter :—

I am pleased to say I am still deriving great benefit by taking **Valda Pastilles.** *I have tried lots of patent medicines in my time for coughs, bronchitis, and shortness of breath. I find* **Valda Pastilles** *in every way excellent.*

At one time I could not go any great distance without stopping to get breath, but now I have not the slightest difficulty in going as far as I like—they are really the finest remedy I've ever taken, and I have tried a good many in my time. My old enemy—bronchitis (which I was told I should have more or less every year)—has not yet, I am pleased to say, made his appearance, thanks to these wonderful pastilles.

SUFFERERS FROM BRONCHITIS, ASTHMA, INFLUENZA, Etc.

You are Condemning Yourselves—You are your own Enemies.

WHY SUFFER AS YOU DO WHEN

VALDA PASTILLES

ARE AT HAND?

Send to your chemist for a box of **Valda Pastilles,** *or write direct to us. We will send by return of mail a box of* **Valda Pastilles**

THE BEST REMEDY FOR YOUR COMPLAINT

PRICE 1/1½

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(See last page in the book.)

BRONCHITIS.

A slight explanation of the position of the bronchial tubes will help us to understand more fully the function of these organs.

The trachea, which immediately adjoins the larynx, penetrates as far as the middle of the lungs. Here it separates right and left into two distinct branches. These branches form the larger bronchial tubes.

The bronchial tubes again subdivide into many smaller branches and extend to the furthermost parts of the lungs. These form the smaller bronchial tubes.

The inflammation of the mucous membrane of the larger bronchial tubes gives rise to bronchitis in an acute form, and the inflammation of the mucous membrane of the smaller bronchial tubes gives rise to a more intense form of bronchitis or the chronic stage.

Bronchitis, is then, an inflammation of the bronchial tubes. This inflammation causes an exaggerated amount of secretion, otherwise called "phlegm," or "mucus," to accumulate.

This phlegm obstructs the passage of air from the lungs, and a feeling of suffocation ensues.

Acute bronchitis is caused chiefly, though not always, through a cold, which may result from various circumstances, such as a sudden change in the weather, dampness of the air, fog, passing from an overheated room to a cold one, cold feet, iced drinks, etc.

It may also be set up from an inflamed condition of the other organs in close proximity—the larynx, the pharynx, the trachea. The last-named in particular, leading directly as it does on to the bronchial tubes, is particularly liable when inflamed to communicate this inflammation to these organs.

Some people are more susceptible than others to contract bronchitis. For instance, scrofulous and arthritic persons, those working in dusty places, and, of course, those who are already suffering from a cold in the head or throat complaints.

The slightest attack of bronchitis should be thoroughly attended to, for it must not be forgotten that bronchial inflammation may lead to very serious complications, congestion of the lungs, pneumonia, etc.

Valda Pastilles if taken at the first stage of bronchitis, will, thanks to the volatility of their antiseptic properties, confine the disease to a mere cold.

It often happens that from the very beginning bronchitis shows symptoms of acute gravity; the patient has all the signs of an infectious disease, uneasiness, pains in the chest and back, headache, loss of appetite, feverishness, cold shivers, the kidneys are affected, and the larynx and trachea are sore and painful. A dry, wheezy cough harasses him, he breathes with difficulty, until a fit of coughing helps him to bring up the phlegm.

A TYPICAL CASE WHICH EXEMPLIFIES THE CLAIM OF VALDA PASTILLES

MISS HANNAH BANKCROFT.

Clifton Villa, Burleigh Road,
South Liverpool.

On January 25th, 1912, Miss Hannah Bankcroft wrote to us from Liverpool :—

I have been suffering with my chest for some years now, and have been in several hospitals. I have just left the Royal Infirmary.

I find nothing so good for me as your pastilles. I get better rest at night than I have for years.

I have derived so much benefit from Valda Pastilles that I cannot feel too thankful to you, and shall recommend them to all I know suffering from chest complaints.

Two months later, on March 15th, Miss Bankcroft again wrote us as follows :—

I am pleased to tell you I still derive much benefit from your pastilles ; this month has always been so trying to me I don't know myself, I feel so free from bronchitis.

I have recommended them to different persons who are using them constantly, and do them a great deal of good. One in particular, who had a terrible cough and bad chest, has derived so much benefit from them that he is never without them.

SUFFERERS FROM CHEST AND LUNG COMPLAINTS

BEFORE SUCH CONVINCING PROOFS, TRY WHAT

VALDA PASTILLES

WILL DO FOR YOU.

Diatlowo Station,
Grodno, **Russia.**

MESSRS. VALDA PASTILLES, — *An attack of catarrh left my throat, chest, and lungs in a very weak condition, and a renewal of my complaint occurred at the least imprudence.*

I am grateful to say **Valda Pastilles** *have afforded me great relief and strengthened my chest and lungs to a very great degree. I have every confidence in your remarkable remedy.*

ABBOT WLADIMIR FLEROW.

ABBOT WLADIMIR FLEROW.

CHRONIC BRONCHITIS

is the sequel to an attack of acute bronchitis or the result of neglect in the treatment of colds on the chest in any form. It may also be the after-consequences of influenza, measles, whooping cough, etc.

The symptoms are the same as in acute bronchitis; cough, expectorations, difficulty in breathing, etc.

The successive inflammation leaves the mucous linings of the bronchial tubes very sensitive, and the least imprudence gives rise to bronchial catarrh.

One of the leading medical men said: "The mucous membrane of the bronchial tubes of those suffering from bronchitis becomes very sensitive to damp and cold, and may be compared to a barometer or a hydrometer."

This will prove the necessity of taking extreme care of the respiratory organs whenever one is subject to bronchitis. This can only be done by antiseptic treatment. **Valda Pastilles** are, therefore, indispensable.

We find, indeed, that many people are free from bronchitis during the summer months, but as winter approaches the old symptoms appear again, the condition of the bronchial tubes gets from bad to worse, and the complaint persists in clinging to its victim from one year's end to the other.

The coughing has no particular point about it; it is always more or less violent, more or less frequent; the patient usually suffers more at night, and has an access of coughing directly he awakes. The oppression varies according to the amount of mucus secreted and the difficulty of expectoration. **Valda Pastilles** are beyond question the best remedy to calm the cough and remove the oppression, and in the sufferers' own words, "THEY GIVE US BACK OUR BREATH."

The expectoration of those suffering from chronic bronchitis varies greatly. The feeling of oppression is more or less present, but relief is obtained as soon as the phlegm can be dispersed.

Valda Pastilles enable you to fight against all diseases of the bronchial tubes. Their antiseptic elements not only preserve the lungs, but their volatile properties enable them to penetrate to the innermost recesses of the respiratory organs. **Valda Pastilles** render every assistance to the mucous membranes, facilitate the expectoration of mucus, and calm the cough.

A box of **Valda Pastilles** is the *vade-mecum*, the shield which all sufferers from bronchitis ought to carry with them, and from which they should never be separated. But in order that this shield may act as an efficient safeguard it is necessary that the original **Valda Pastilles** be procured. These are the only pastilles which possess those volatile antiseptic principles which are so necessary for all chest and lung ailments.

The volatile and antiseptic properties of **Valda Pastilles** will quickly soothe the cough, relieve the bronchial tubes, and soften the phlegm.

They invigorate the whole of the bronchial system, facilitate breathing, allay inflammation, and, above all, preserve the lungs.

Valda Pastilles, thanks to their volatile properties, enable the antiseptic fumes to penetrate to the most remote part of the respiratory organs, and by this very fact constitute a most rational, most energetic, and a most efficacious treatment for bronchitis.

DON'T LEAVE HOME WITHOUT YOUR VALDA, AND RUN NO RISK OF CATCHING COLD

For Youth as well as Old Age

VALDA PASTILLES are Invaluable

THEY RENDER SERVICE TO ALL

MISS MARION SCHOFIELD.

20, *Dean Road,*
Whitton,
Hounslow.

MESSRS. VALDA PASTILLES, — *My little daughter Marion had been suffering some time from tubercular complaints. I was recommended to try* **Valda Pastilles** *for her, which I did, and was delighted with result.*

They seemed to ease her greatly. I shall be most pleased to introduce **Valda Pastilles** *to all my friends.*

Yours faithfully,
(*Signed*) G. W. SCHOFIELD.

84, *Park Avenue,*
Barking, E.
February 8th, 1912.

SIR, — *My wife, who is now sixty-three, has suffered for years every winter with asthma and cough, her rest at night being continually broken by incessant retching, and nothing appeared to do her any good.*

Some few weeks back, a friend of mine noticed how tired and worn my wife looked, and gave her a box of your pastilles, which greatly eased her, especially at night; in fact, the progress she made was so striking that I made up my mind to obtain another box.

To-day, I can say, my wife goes about her duties with all her old energy, and without that horrible hack at the throat which has worried us for years past.

She still takes the pastilles as a preventive, and cannot speak too highly of them. I take this opportunity of thanking you for the comfort it has brought to my home, and should certainly advise those suffering from those terrible night attacks of asthma never to be without a box of **Valda Pastilles.**

MRS. W. PYECRAFT.

I remain, yours sincerely,
(*Signed*) W. PYECRAFT.

KEEP THE FOG OUT!

Let a VALDA PASTILLE dissolve in your mouth.

ASTHMA

Asthma is a nervous disease of the respiratory organs. It is in reality a nervous sensation like cramp in the lungs, which is felt by all those suffering from asthma. The attacks of asthma occur spasmodically, and in most cases during the night after a few hours' sleep.

The patient has at first an uncomfortable feeling, which can only be described by those who have experienced it; he is restless and agitated. If lying down he feels he must get up; he cannot stay in one place, but walks about slowly, and opens doors, windows, etc., in order to get a little air. The oppression increases; he wants air. These movements not giving any relief, he sits on the side of the bed or on a chair, and tries to compose himself in such a manner as to allow the breath to return to him.

Absorbed in his own sufferings, nothing interests him; he avoids speaking or else speaks in a very low voice. He feels as if his chest is ready to burst. This crisis may last about an hour, or perhaps more; the face, which was very pale at first, becomes gradually red, then bluish, and the perspiration drops off, the eyes protrude from the sockets, and the tears which run down show what agony he is in.

All the extremities—finger-tips, toes, etc.—are numbed, although the patient himself feels as in a burning heat.

At last the breathing becomes more like sonorous snoring, coughing begins—short, wheezy, and very hard at first—then he expectorates, the cough is softer, the oppression diminishes, and the patient finishes by dropping off to sleep, worn out, but nevertheless breathes more peacefully and normally.

SUFFERERS from asthma should be very careful as regards diet. Light, easily digested food is best. Exercise is also of great importance. It should be taken so as not to cause over-exertion, but nevertheless sufficient to promote digestion and improve the circulation.

SUFFERERS FROM ASTHMA WILL FIND VALDA PASTILLES A BOON AND A TRUE FRIEND

It is necessary to see an asthmatical person in one of the painful attacks we have just described in order to get an idea of the relief and comfort derived from **Valda Pastilles**. It is sufficient to take one of the **Valda Pastilles** to be convinced that they convey air to the chest.

All mild complaints, such as slight colds, chills, sore throats, cold in the head, etc., generally lead to an attack of asthma amongst people who are liable to that malady.

Valda Pastilles are a preventive for this complaint. Taken at the onset of the attack they will shorten the crisis, make breathing easy, and "cut the phlegm."

We strongly recommend that those suffering from Asthma to be never without **Valda Pastilles.**

When the paroxysm is felt to be approaching, when breathing become difficult, when you feel as if your chest is ready to burst, **Valda Pastilles** will give you instant relief.

TO ALL THOSE AFFLICTED WITH SHORTNESS OF BREATH, VALDA PASTILLES ARE INDISPENSABLE

To those working in dusty places we cannot recommend them strongly enough; they will minimise the dangerous influence of the surroundings in which they are obliged to live.

For Asthma, Bronchitis, Sore Throat,

VALDA PASTILLES are Invaluable!

MISS MAB BARTLETT.

ORDER VALDA PASTILLES BY POST
IT WILL COST YOU NO MORE

If your chemist does not stock VALDA PASTILLES

If you are in an out-of-the-way place

If you have any difficulty in getting our VALDA

Write direct to VALDA Laboratories and Works, enclosing 1/1½ for each box required, and your order will receive IMMEDIATE attention.

We send all orders post free, and we make a point of refunding the penny stamp it has cost you through ordering by post.

(See last page in the book.)

Barford Lane,
Downton,
Near Salisbury.

MESSRS. VALDA PASTILLES,—*Just a line to say what great benefit I have derived from the pastilles which you make.*

They have cured my cough, which was of a chronic nature, after all other cough mixtures had failed, and when cod liver oil and malt, and other emulsions, did me no good. Thanking you,

Yours truly,
(Signed)
MAB BARTLETT.

Corato, **Italy.**

MESSRS. VALDA PASTILLES,—*In my numerous experiments on coughs and bronchial affections, I have always found* **Valda Pastilles** *reliable and efficacious.*

(Signed) DR. CRACA MITCHELL
(Surgeon).

DR. CRACA MITCHELL.

MRS. JANE WATKIN.

8, Bassett Street,
Kentish Town,
London, N.W.

MESSRS. VALDA PASTILLES,—*During the last two winters I had been subject to a very tiresome cough and sore throat, and on foggy and damp days I was obliged to keep indoors, and oftentimes my bedroom.*

Valda Pastilles *were recommended to me amongst many other things, and I procured a box.*

To my astonishment and joy I found relief instantly, and more, a **permanent cure.**

I am writing you this to thank you for introducing them, as they ought to find a home in every family medicine chest. Thanking you again,

Yours faithfully,
(Signed) MRS. JANE WATKIN.

A BOX OF VALDA
WILL STOP YOUR COUGH

HAY FEVER

Hay fever is an affection which generally makes its appearance during the summer months.

It is supposed to be caused through the action of the pollen of flowers, or through the emanation of hay or other vegetable products.

The characteristic of this disease is its regular recurrence at a certain time of the year, generally in the middle of May. It lasts usually from six weeks to two months. At first it shows all the symptoms of an acute cold in the head; the nasal membranes are exceedingly sensitive, sneezing is prevalent under the slightest influence such as dust, rays of the sun, etc. The pituitary, or inner nasal membranes, exude a clear, copious liquid which later on becomes thicker and yellowish.

The patient, who is alternately better or worse according to the temperature and hygienic conditions, gets rid of his complaint by degrees, sneezing becomes less frequent, and all the symptoms disappear gradually, to appear again the following year. This variety is the simple form of the disease, or the oculo-nasal form. Its course can be greatly shortened by using the **Valda Pastilles**.

Antiseptic treatment of the respiratory organs is a necessity in such a case in order to avoid complications.

The secretions of the pituitary membranes always lead to an irritation of the throat and of the respiratory organs. Then the eyes, the nose, and the chest are affected, and the symptoms of the disease are very much the same as those of acute asthma.

The attack may last for a few days or a few weeks, then it gets better, but leaves behind an ordinary cold in the head, which may end a few days after.

As in the case of asthma, **Valda Pastilles** will be found invaluable; they assure strong antiseptic treatment, and a prompt relief is certain.

READ THIS!

MRS. W. E. STONE.

Green Farm,
Wetheringsett,
Stowmarket,
Suffolk.

April 5th, 1912.

I have bought several boxes of **Valda Pastilles** *since February, and I am truly thankful to find they suit my throat and ease it greatly.*

My throat is a bad case of lupus, which has spread from the nose. The pastilles are a great benefit, and I suffer much less since using them.

In June Mrs. Stone writes again :—

Your Pastilles have done my throat an immense amount of good. Their effect is far reaching and very beneficial. I am getting my voice back again, having partially lost it for over a year.

Yours faithfully,

(*Signed*) MRS. W. E. STONE.

If you feel a Cold coming on,

GET A BOX OF

VALDA PASTILLES

REMEMBER

VALDA PASTILLES

DO WHAT THEY CLAIM TO DO

NURSE JAMES.

18, *Main Street, Newbridge,* **Monmouth.**

MESSRS. VALDA PASTILLES, — *It is with much enthusiasm I recommend* **Valda Pastilles.** *Two boxes of this marvellous product were sufficient to cure me of a chronic cough.*

I consider them also an excellent preventive against influenza colds; and being called out at all hours, day and night, in my calling as a nurse, I am never without them.

Several of my patients who have tried them speak highly of the beneficial results obtained by taking them.

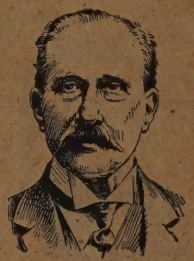
I consider them also quite a scientific preparation.

Yours truly,

(Signed) NURSE JAMES.

DR. PAUL MONELLS writes: *I have often prescribed* **Valda Pastilles;** *they have always afforded the best results in the treatment of the respiratory organs.*

I always prescribe them.



DR. PAUL MONELLS.

MRS. C. CARVER.

157, *Harvist Road,*
Kilburn.

MESSRS. VALDA PASTILLES,—*It is with pleasure I testify to the benefit derived from taking* **Valda Pastilles.**

They were recommended to me by a friend for a troublesome catarrh, from which I had suffered a number of years.

I shall always have them by, as they give such great relief.

Faithfully yours,

(Signed) C. CARVER.

Leyburn, R.S.O.,
Yorkshire.

SIR,—*I have been troubled with bronchitis which left me with a very bad cough, which has caused me great suffering now for about eight years. During that time I had tried all sorts of Patent Medicines and Medical Advice and could not find any relief until I found out about your* **Valda Pastilles.** *They have done me more good than all the things I have tried before, and I quite think with having a few more I shall be quite cured.*

I hope that all those who are suffering from bronchitis in any form will try these **Valda Pastilles.** *They will be sure to find relief as I have done.*

Permit me to join with so many others in expressing my heartfelt thanks.

(Signed) MRS. ALDERSON.

INFLUENZA (LA GRIPPE)

Influenza is contagious, although the microbe responsible for this disease remains to be found. A few isolated cases are sufficient for the disease to spread with the utmost rapidity.

Influenza is not so dangerous in itself as it is in its consequences, for it leaves behind a weakness and depression which are hard to overcome, and which sometimes give rise to many complications.

From the outset influenza shows all the symptoms of an infectious disease; namely, fatigue, headache, cold all over the body, lumbago, and a feverish state.

Then the respiratory organs become affected. It begins with an acute cold in the head, and a running at the eyes; the throat gets sore, the voice is hoarse and husky.

Then it spreads as far as the trachea and the bronchial tubes, and hard and painful coughing ensues.

Loss of appetite, nausea, sometimes going so far as vomiting, often accompany influenza.

HOW TO PREVENT INFLUENZA HOW IT CAN BE CURED

Contagious diseases can only be avoided by antiseptic measures. Influenza is contagious, and always begins by affecting the respiratory organs. Consequently antiseptic treatment alone can stop it.

The volatile antiseptic properties of the **Valda Pastilles** are the best preventive against influenza.

Those who attend persons suffering from influenza, or are obliged to associate with them, will be preserved from contagion by **Valda Pastilles.** They are an absolute necessity in all times of epidemics. More often than not the evil will be localised in the nasal cavity and the larynx, without the trachea or the bronchial tubes being affected.

To those already suffering from affections of the chest and lungs **Valda Pastilles** will come as a boon, and enable them to avoid the complications to which they are specially liable, and will reduce the disease to its minimum proportions.

We cannot insist too much upon the necessity of taking strong antiseptic precautions in order to fight against influenza, and there is no remedy for this purpose to compete with

VALDA PASTILLES

ORDER VALDA BY POST—IT WILL COST YOU NO MORE.

If you are in an out-of-the-way place—
If your chemist do not stock **VALDA PASTILLES** (all leading chemists do)—
If you have any difficulty in getting our **VALDA**—

DO NOT HESITATE
DO NOT TRY VALUELESS REMEDIES

Write to **VALDA Laboratories and Works,** enclosing 1/1½ for each box required, and your order will receive immediate attention.

We send all orders post free, and we make a point of refunding the penny stamp it has cost you through ordering by post.

(*See last page in the book.*)

DEATH TO MICROBES.

VALDA PASTILLES *versus* MICROBES.

It is now an acknowledged fact that all diseases are caused by germs known as pathogenic microbes.

You cannot *see* these disease-spreading agents, but they are there all the same, and are none the less formidable for their invisibility.

The germs you breathe in the air through your respiratory organs are most terrible.

It stands to reason if germs are floating about in the air, the easiest way to receive them is to breathe them in. Through the mouth and the nose they are drawn down deep into the chest and the lungs and at once reproduce disease.

But if this poisoned, germ-laden air could not penetrate into your nose and throat, if it were repelled by other more powerful germ-killing agents, then you would get no disease at all.

VALDA PASTILLES SUPPLY THIS GERM-KILLING AGENT

because they contain active principles which, when released by the warmth of the mouth, blend intimately with the air and form a natural healing, germ-killing gas which completely annihilates all microbes.

VALDA PASTILLES are the most powerful of antiseptic germ-killers; they penetrate right through the respiratory organs, mouth and nose, deep down into the chest and lungs, **killing all microbes,** both in the nose and throat and in the chest and lungs.

VALDA PASTILLES CURE AS YOU BREATHE.

They are made from plants only—they contain NO chemical or toxic alkaloids, NO caustics or narcotics.

They are nature's own remedy against nature's enemy — the disease germ.

They repel colds in the head and chest, sore throats, bronchitis, and influenza. They relieve **asthma** at once. They not only form **the best preventive against disease,** but they also form the **best cure** when in the grip of any of these distressing complaints.

KILL THE GERM, OR IT MAY KILL YOU!

VALDA PASTILLES

can be obtained from all leading chemists, and also direct from VALDA Laboratories (*see last page of book*).

TO CONCLUDE—

If you have caught a chill,
If you feel a cold coming on,

GET A BOX OF

VALDA PASTILLES

Allow one or two to dissolve slowly in your mouth, and you will be spared more evil consequences.

SEE THAT YOU GET THE GENUINE ARTICLE

If you cough,
If you have a cold in the head,
If you have a sore throat,
If your larynx is inflamed,
If your voice is hoarse,
If your vocal chords are strained,
If you fear cold, damp, or foggy weather,
If you suffer with bronchitis,
If you are asthmatic,
If you have an attack of influenza,
If your chest is weak,
If your lungs are delicate,

ALWAYS AND IN EVERY CASE TAKE

VALDA PASTILLES

HOW TO TAKE THEM

Valda Pastilles can be taken by all, young or old.
Dose according to age.
From three to ten years, one to four pastilles a day.
From ten to fifteen years, four to eight pastilles a day.
For adults, ten to fifteen pastilles a day.
The dose to be increased if found necessary.
For very young children it would be advisable to divide the pastille into small portions to allow it to dissolve more easily in the mouth.
Valda Pastilles, being made of extracts of plants only, are absolutely harmless, and can in no case be injurious to health.
They contain no toxic, no caustic of any description.

IMPORTANT.—Valda Pastilles should not be swallowed like a pill; they are to be sucked slowly or allowed to dissolve in the mouth. Valda Pastilles not only act by absorption but chiefly by inhalation. When left to dissolve in the mouth, their volatile antiseptic elements penetrate through the whole extent of the breathing organs, from the nasal cavity to the inmost recesses of the lungs.

ORDER FORM FOR A BOX OF VALDA PASTILLES

(The use of this form is, of course, optional.)

To
VALDA PASTILLES (Mail Order Department),
13, Hythe Road,
Willesden Junction,
LONDON, N.W.

Date.....

Please send, by return of post, 1 Box VALDA PASTILLES, for which I enclose 1/1½.

It is understood that postage is free, and the stamp used for the present order will be refunded.

From.....

Address.....

..... *County*.....

COUPON. **TEST VALDA PASTILLES FREE**

To
VALDA PASTILLES,
13, Hythe Road,
Willesden Junction,
LONDON, N.W.

Please send, by return, post free, your dainty sample tin of VALDA PASTILLES.

To M.....

.....

.....

NAME and FULL ADDRESS should be carefully written down.

Printed by the London Colour Printing Co., Ltd., Exmoor Street, North Kensington, London, W.

Our little book goes everywhere—all round the world—printed in all languages.

OUR PASTILLES ARE KNOWN THROUGHOUT THE WORLD.

You may, however, have some difficulty in obtaining them, especially if you are in an out-of-the-way place. Your local chemist may not have them; he may have run out of stock.

DO NOT LOSE TIME

DO NOT TRY USELESS REMEDIES

DO NOT HESITATE WHEN HEALTH IS AT STAKE

Send your name and address to

VALDA PASTILLES

13, Hythe Road,

Willesden Junction, LONDON, N.W.,

enclosing 1s. 1½d. in stamps (nine 1½d. stamps in preference), and you will receive by return of mail, Post Free, a box of *genuine* VALDA PASTILLES, direct from our laboratories.

N.B.—When receiving the box you will find enclosed a small envelope containing a penny stamp. We make a point of refunding to all who order our Pastilles by post, the stamp it cost them for their letter, so that VALDA can be obtained direct from us at the same price as from all Chemists, Stores, etc., namely—

PER **1/1½** BOX.

We guarantee our product. - Do not accept substitutes.

We keep a special staff for the rapid delivery of orders. We mail four times a day, so that you get them by return of post.

ALL LEADING CHEMISTS AND DRUG STORES STOCK VALDA PASTILLES

You can also test them free—see coupon on opposite page.

"A Friend In Need

V P

Is A Friend Indeed"